

FEEDING YOUR BABY

HELPFUL HINTS

FOR THE PARENTS
OF NEWBORNS

The first few weeks of life are a very special time for you and your baby.

Here are some helpful hints that can keep your baby healthy.

- **Be sure to wash your hands before each feeding.**
Ask others to wash their hands, too. This could keep baby from getting sick.
- **Relax and enjoy feeding time.**
Baby knows how much formula to take.
You will learn what things baby does to say "I'm hungry" or "I'm full".
- **Baby will take different amounts of formula at different feedings.**
Be sure to throw out the leftovers in each bottle.
Always wash and rinse the bottle and nipple carefully before using them again.
- **You can plan to feed your newborn every 2 to 3 hours.**
- **Sometimes babies have a fussy time, often in the evening.**
This is normal, so try not to worry.
- **Always hold baby at feeding time!**
This makes baby feel loved and secure. Propping the bottle can cause ear infections. Also, you may not notice if baby chokes.



NEWBORN



- **Smoking around baby can cause ear infections and breathing problems.**
Ask smokers to please step outside. If you smoke, this is a good time to quit or cut back. Do not smoke when you are feeding your baby.
- **The best formula for your baby is iron-fortified.**
The iron does not cause colic or constipation. It helps baby stay healthy.
- **Wait until at least six months to start cereal!**
Then start with rice cereal fed with a spoon. Do not put cereal in the bottle. Cereal too early might cause allergies later.
- **A little spitting up is normal.**
If you are worried about how much your baby is spitting up, you may be feeding too much at one time. Try giving less at each feeding. Spit up formula will look curdled and will smell sour. This is normal.
Be sure to burp baby gently several times during each feeding to prevent spitting up. Keep baby as upright as possible during burping.
- **No honey** anytime during the first year!
It can cause deadly food poisoning
- **Buy some extra formula.**
Your WIC formula will usually not last all month.
It is nice to have powdered formula on hand for the days you and your baby are away from home.



WIC Because
You Care

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